THE RECOVERY KERNEL

Jerin Takardun Bayanaye kan Kowane Makon Ciwon Dabi'a.

Yadda ake samun wani abu mai kyau daga cin amfani da cocaine:

* Tuntuɓi likita ko masanin lafiya.
* Shiga shirin gyara hali.
* Ɗauki magunguna, idan an ba ka.
* Ci abinci mai gina jiki.
* Sha ruwa sosai.
* Samun isasar da za ta taimaka maka.
* Yi wasa da motsi.
* Barci mai kyau.
* Ka yi amfani da hanyoyin hana damuwa, kamar yoga ko tafiya.

Idan kana cin amfani da cocaine, yana mahimmanci ka nemi taimako. Akwai yawa waɗanda za su iya

taimaka maka. Ba ka wucewa wannan ba.

Wajan amfani da Kwarewar Gyara (Recovery Kernel).

Kokanin · Kokanin Crack · Freebase · Coke · Snow · Rock · Benzoylecgonine

⚠ KIRAYAR KAWO KARAMIN ḌANJALA – BA TAHAYA TA LALYE BA | ?? ayyuba: kiran Gaggawa: Gaggawa: 112 ko aika sakon rubutu zuwa Nigeria Suicide Prevention: 08062106493.

COCAINE na iya haifar da cutar zuciya da cizon, kuma wannan na faruwa ga mutanen duk shekaru.

Ciwon wuya a cikin ko bayan amfani da kwayar cocaine na iya zama matsala mai tsanani ga zuciya. Kira lambar Gaggawa: Gaggawa: 112 nan take.

Wani bayanar da za ku iya karanta kafin ku fara.

Kwayar Cocaine ita ce kwaya da aka rubuta wasu bangare na wannan littafin ne a bayansa. Tsarin "Mai Kasada" – wanda ke da nau'in COMT na Val/Val, kuma yana da matakin dopamine mai tsanani, wanda yake buƙatar ƙarfi don jin rai, kuma ya ɗauki cocaine saboda ta ba shi yawan dopamine da enzymes din sa ke hana masa kai tsaye – cocaine ita ce kwaya mafi so a cikin "Mai Kasada" fiye da wasu.

Wannan ba misali ne. Takaitaccen bayanin ya ce kai tsaye: mutanen da suka fi son motsa jiki suna jan hankalin abubuwa masu ƙarfi — cocaine, methamphetamine, caffeine mai yawa — kuma ga motsa jiki: wasanni, ɗauke da haɗari, wasanni masu wahala, sababbin ayyuka. Abubuwan narkewai sun cika jikin ne da dopamine cikin sauri fiye da yadda maƙiƙiyoyin COMT za su iya tsafto, wanda ke haifar da jin rai na rayuwa wanda yanayin asali baya ba.

Gane wannan ba dalili ba ne. Shi ne tushen ilimin duk abin da zai biyo baya. Kwayar cocaine ta kasance tana amfani da wata matsala a jikin, ba ta haifuwa ta. Samun lafiya yana nufin gina yadda jiki ke aiki ba tare da amsar kwayoyin narkewo ba — rayuwa da aka shiryar da ita bisa ga buƙatun halayen mutum, ta hanyoyi waɗanda ba sa haifar da matsalar zuciya a shekaru 32.

Cocaine ya bambanta da methamphetamine wajen yadda yake a jiki, kuma wannan bambanci na iya canzawa yadda ake yin gyara. Meth yana tilasta fitar dopamine ta hanyar maye gurbin masu jigilar kayayyaki, yayin da cocaine ke hana sake shiga dopamine, serotonin, KUMA norepinephrine – wani abu da ake kira "triple reuptake inhibition" wanda yake sa cocaine ya bambanta. Wannan tsarin "triple" na nufin cewa tsarin serotonin ma yana lalacewa a gefe ɗaya tare da dopamine,

kuma karuwar norepinephrine ce ke haifar da hadari ga zuciya da ake samu saboda amfani da cocaine. Gyaran da ake yi ya mayar da hankali ga waɗannan abubuwa uku.

Ana fuskantar matsalar ƙara abubuwa mara amfani ga kwalba, wanda kowane littafin bayanin kwalba ya kamata ya tabbatar da shi: yawancin kwalban da ake samu a yanzu ana juye masa da levamisole, wani abu da ake amfani dashi wajen hana cututtukan kwatsam da dabbobi, kuma yana rage adadin kwayar jini, kuma hakan na iya haifar da mutuwa. Wannan ba abin tabbas ba ne. An tabbatar da shi, ya yi yawa, amma ba a san shi sosai. Za a samu wani bangare daban a cikin wannan littafin bayanin game da wannan batu.

Sashe na 0 - Tsaro Na Gaggawa: Karanta Wannan Da Fari.

⚠ KAKARFARI NA HANYA YANA HAIFUWA WASU MATSALAI A HEART (CIWON HEART) DA CIWON ASARA A MUTANEN KAƊAN, LAFIYA, WANDA BA SU DA AL'AMURAN HEART DAGA GABAN. IDAN KA JI TS MORE, CIWO A FUSKAR, CIWO A HANJI, NUMFASHI, KO CIWO MAI TSAYE A KARI A YAKIN KO BAYAN AMFANTA KAKARFARI — TARE Gaggawa: Gaggawa: 112 NAN DA NAN. KARA JARRABA.

Matsalar Zuciya.

THE CENTURION - Hanyar kashe da ta bambanta cocaine daga sauran abubuwan narkewa.

Kwayar cocaine na haifar da cututtuka masu shafar zuciya ta hanyoyi uku waɗanda ke faruwa a lokaci guda, kuma waɗannan abubuwan suke haɓaka damar kamuwa da cuta a cikin zuciya wacce ba za ta iya kwatanta da sauran magunguna da ake amfani da su.

Aikin.	Abin da yake yi wa zuciya.	Me yasa yake kashe matasan?
Tausayin jini a cikin zuciya.	Kokain na haifar da tsananin, wani nau'in ƙamƙe wa ga sashi mai laushi na jijiyoyin jini waɗanda ke samarwa mahaifa. Wannan jijiya zai iya rufe gaba ɗaya, yana katse samar da jini zuwa mahaifai.	Wani mutum mai shekaru 25, wanda masaƙa na zuciya ba su da matsala, zai iya samun cutar zuciya saboda cocaine, domin tsarin jini ya haɗura – ba sababbin abubuwa ke cikasawa. Abubuwan da ake yawan gani a matsayin abin damuwa wajen cutar zuciya ba su da amfani a nan. Masaƙa masu tsafta za su iya haɗura.
Wani yawan norepinephrine.	Kowane abu da cocaine ke yi na hana sake shigar da norepinephrine cikin jini ya haifar da wani mummunan motsin tsarin sarafansa: ƙara yawan bugawa ta zuciya, ƙara matsin lamba, da ƙara nauyin da zuciya ke ɗauka.	Zuciya ta sami buƙatar yin aiki ne da ƙarfi sosai, yayin da samarwa ta jini na iya ragewa saboda tsarin vasoconstriction. Wannan haɗuwa - aikin da ke da ƙarfi, raguwar samarwa - shi ne abun da ke haifar da myocardial infarction.
Haɓakar platelets.	Kokain na haɓaka motsin platelets da haɗuwa – wani tsari na hana jujuwa. Lokacin da aka haɗa wannan da vasoconstriction (ƙyauwar jini) da ƙara yawan aiki ga zuciya,	Matsalolin uku – tsanewar jini, ƙarin nauyi ga zuciya, da ƙara yawan raguwa – sun nuna cewa haɗarin cuta ga zuciya da cocaine ke haifarwa ba ya ƙaruwa ne kawai saboda

	yuwuwar samar da cizon a wurin da ake samun vasoconstriction tana iya zama mai yawa.	shekaru. Wani mutum mai shekara 28 zai iya samun matsalar infarction na zuciya (MI) wanda zai kai ga mutuwar, ko da yana amfani da shi a karon ɗaya, idan yanayin ya dace.

⚠ COCAINE da MAN SHAYIN = COCAETHYLENE. Haɗuwa ta wannan tana da mummunan tasiri ga zuciya fiye da kowane abu ɗaya kaɗai, kuma ta haifar da yawan mutuwar da ke faruwa a sakamakon amfani da cocaine. Kada ku haɗa su.

Lokacin da kwaya da man shaidan ake amfani da su tare, jini yana samar da cocaethylene — wani abu da ke cikin jini wanda yake da tsawon lokaci fiye da kwaya, kuma yana da illa mai ƙarfi ga zuciya, kuma ya kashe ne sosai fiye da duk wata daga wadannan abubuwa. Yawan amfani da man shaidan tare da kwaya don 'rage wahala' na samar da abu mafi haɗari fiye da duk wata daga wadannan abubuwa. Wannan ba ilimin kimiyya ne kawai — shi ne yadda ake samun mutuwa a cikin yawan mutanen da suka mutu saboda amfani da kwaya.

Gane da Amfani da Maganin Da Ya Wuce Guda.

- Ciwon wuya a cikin nono, tsanaki, ko matsa lamba - matsalar zuciya ce. Kira Gaggawa: Gaggawa: 112. Kar ku yi tunanin hakan na damuwa ne.
- Ciwon fuska ko ciwon hannun hagu - matsalar zuciya. Kira lambar Gaggawa: Gaggawa: 112 nan da nan.
- Ciwon kai mai tsanani - wanda zai iya zama alamu na cizon da ya faru a kwallaye. Kira lambar Gaggawa: Gaggawa: 112 nan take.
- Tausayi, magana mara kyau, faduwar fuska, raƙuman hannu - cutar fitsari. Kira lamban Gaggawa: Gaggawa: 112 nan da nan.
- Tausaya - Tausayar da ta samo asali daga amfani da kwalbu (cocaine) na gaskiya ce. Kira lambar Gaggawa: Gaggawa: 112. Sanya mutumin cikin matsayin da zai hana shi tonya.
- Zubar da jini (jinin jiki ya wuce digiri 104°F) - yi amfani da hanyoyin rage zafin jiki nan take (sanya kwan fitila a ƙulli, hannu, da yatsura) kuma tafi zuwa asibiti ko kira Gaggawa: Gaggawa: 112.
- Matsaloli masu tsanani, irin su damuwa da rashin kwancikwai ko kuma maganin hali – cutar hali wacce ta samo asali daga cocaine. Ka sanya mutumin a wuri mai zaman lafiya. Kira Gaggawa: Gaggawa: 112 idan akwai yuwuwar cin zarafi ko idan ba za a iya kula da mutumin cikin aminci ba.

Babu maganin da za a yi amfani dashi wajen warware matsalar cin zarafin cocaine kamar yadda ake amfani da Naloxone wajen warware matsalar cin zarafin opioids.

Magani shine taimakon - kula da tsarin jini, tsarin haɓakar halitta, da yanayin jiki yayin da cocaine ke fita daga jikin mutum. Zamanin da kuma kulawa ce maganin.

Matsalar Levamisole - Abin da Ba A Tattauna Ba.

THE CENTURION - Yawancin kwalba da ake samu yanzu haka na dauke da maganin dabbobi wanda ke lalata kwayoyin jini.

Levamisole wani abu ne da ake amfani dashi don kashe kwari a maganin dabbobi. An gano shi a cikin yawancin samfuran kwaya da aka gwada a Amurka da Turai sama da shekara goma. Dalilin shigar da shi cikin kwaya ba a sani ba – yana iya ƙara tasirin kwayar ta hanyoyin dopamine ko kuma yana iya zama wani abu da ake amfani dashi don ƙara yawan kwayar daga fasinji na cocaine.

Matsalar: Levamisole na haifar da agranulocytosis - wani yanayi da ke hana samarwa ko lalata kwayoyin jini (musamman neutrophils). Ba tare da neutrophils ba, tsarin rigakafi bai iya yaki da cutar da ta samo asali daga bakteriya. Agranulocytosis wanda ya fito ne sakamakon amfani da cocaine mai gurbatin levamisole na iya zama abin tsoro kuma na iya kashe mutane.

⚠ ALAMUN AGRANULOCYTOSIS DA AKWANE TA LEVAMISOLE: Zubar da juju, ƙwayoyinku, ciwon wuya a gaba, ko samun cuta cikin sauƙi. Idan kana amfani da cocaine kuma ka sami wasu daga waɗannan alamomin – yi sauri zuwa asibiti kuma faɗawa ma'aikatan asibiti cewa kana amfani da cocaine. Ana iya yanke gwaji na jini (CBC) wanda zai nuna agranulocytosis. Za a iya magance shi idan aka gano shi da wuri, kuma dole ne ka daina amfani da cocaine.

- Ana sa ran cewa Levamisole na cikin kashi 70-80% na kayan narkwasa (cocaine) da ake samu a Amurka.
- Agranulocytosis na faruwa a cikin kusan 3-8% na mutanen da aka yi wa amfani da levamisole - wanda ya nuna yawan adadi.
- Alamar cutar yawanci suna bayyana ne bayan makonni 1-3 na yawan gani, kuma za su iya zama irin alamun rashin da ake saba da shi.
- Magani: Dakata amfani da kwaya kai tsaye kuma kawar da yawan shakatawa da levamisole. Agranulocytosis yawanci yana faduwa ne cikin makonni 2–3 bayan dakatarwa. Lambobin da suka fi tsanaki suna buƙatar shiga asibiti da yin maganin granulocyte colony-stimulating factor (G-CSF).
- Fentanyl test strips ba sa gano levamisole. A halin da ake ciki, babu wata gwajin da ake samu a kasuwa don gano levamisole. Tabbas, mafi kyawun hanyar tsaron kai shi ne sanin cewa ana yawan samun levamisole a cikin cocaine, kuma lura da alamomin rashin lafiya.

Sashe na 1 - Abin da Kwayar Kokain Ya Haifarwa Ga Makoyin Ku.

THE CENTURION - Tsarin da ya haska wa idanu na masu yaki.

Cocaine wani inhibitor ne na sake shiga uku: yana hana ajiya na dopamine (DAT), serotonin (SERT), da norepinephrine (NET) a lokaci guda. Wannan abu ne da yake bambanta cocaine daga methamphetamine, wanda ke kawar da fitowar dopamine. Cocaine baya tilasta fita; kawai yana hana sake shiga, wanda ke sa dopamine, serotonin, da norepinephrine su tara a cikin synapse kuma ci gaba da aika saƙo bayan lokacin da ya kamata.

Wannan yana haifar da wani ƙarfi mai sauri kuma mai tsanani a duk manyan hanyoyin monoamine uku – wanda ke samar da abin da ake kira "cokeine": farin ciki mai karfi da ji na rayuwa (dopamine), zurmi da amfani ga al'umma (serotonin), da ƙarfi da hankali (norepinephrine). Wannan ɗigon uku shi ne alaƙa ta musamman ta cokeine. Kuma shine dalilin da ya sa rushewar da ake samu daga cokeine sau da yawa tana zama mai tsanani fiye da wata kwayar narkewa da ke tasiri a hanya ɗaya.

Tsarin uku da kwayar cocaine ta lalata.

Tsarin.	Menene da cocaine ke yi?	Abin da farfadowa ke buƙata.
Dopamin (DAT blockade).	An hana mai jigilar dopamine – an hana sake shigar da dopamine, wanda ya sa ta tara a cikin synaptic don tsawon lokaci fiye da yadda yake a al'ada, wato sau 3-5. Hanyar jin daɗi ta zama ƙwaƙƙwar da kuma doguwa. An rage adadin D2 receptors saboda amfani da su sosai na tsawon lokaci.	Wannan yana nuna yadda jinin da ke cikin jiki (D2) yake ƙara ne saboda barin shan wata abubuwa da kuma motsa jini. Hakanan, yana taimakon samar da abinci ga jini (tyrosine). Wannan na iya zama hanyar samun farin ciki mai karfi. Karancin jinin D2 a farkon lokacin sakewa daga shan kwaya na iya nuna rashin lafiyar jikin, saboda yawan jinin da ke cikin jiki yana raguwa. Amma, za su sake ƙaruwa. Ku yi kokari ku samu su.
Serotonin (SER[T] hana).	Cikakken hana sake shiga serotonin – zafin zamantakewa, ƙarfin gwiwa, da yawan motsin rai waɗanda ake samu a sakamakon amfani da cocaine sun dogara ne sosai akan serotonin. Amfani da wannan	Gyara yawan serotonin ta amfani da 5-HTP da 5-MTHF. Wannan wani ƀangare ne na gyaran wahala daga shan kwalba, kuma littafin da ke bayanin yadda ake magance wahalar shan harsuna (meth) baya mai da hankali a kan wannan batu sosai – saboda tasirin meth akan serotonin yana kasawa, yayin da tasirin cocaine ya fi karfi. Saurarin zamantakewa da cocaine ke kawo shi ne

	maganin na tsawon lokaci yana kawar da adadin serotonin a jiki a cigaba.	wani ɓangare na yawan serotonin, kuma dole ne a sake gina shi ta hanyar jikin mutum.
Norepinephrine (NET blockade).	Yana hana sake shigar da norepinephrine cikin sassa, wanda ke haifar da ƙarfi, kula, hankali, da ikon jiki waɗanda ake samu a sakamakon amfani da cocaine. Haka kuma yana haifar da hatsarin ga tsarin huhu: ƙara yawan buga zuciya, ƙara matsin lamba, da tsananin zafi a cikin jijiyoyin jini.	Tsarin HPA ya dawo daidaito. Yawan amfani da kwalba na iya haifar da wata matsala a jiki, wanda ke sa mutum ya ji gajiya kuma bai sami ƙarfi ba a farko. Amma, motsa jiki yana taimakawa don gyara wannan matsalar, domin yana rage yawan kwalba a jikin mutum.
Anaesthetic mai amfani a wurin, (maimaita channels sodium).	Kwayar Cocaine ce ta hanyoyi da dama, kuma ita ce kawai abubuwan narkewa waɗanda ake amfani da su wajen hana numfashi – ta hana shigar da sodium a cikin sassan tsuntsaye. Wannan shi ne dalilin da ya sa ake amfani da cocaine a asibiti, kuma hakan na iya haifar da rashin numfashi a yawan amfani.	Matsalar lalacewar ƙwayayen da ke cikin baki wanda ake samu sakamakon amfani da cocaine na tsawon lokaci, ya kasance saboda guba mai illa ga ƙwayoyin baki da kuma sakamakon rage samarwa ta jini. Don warshawar ƙwayoyin baki, dole ne a daina amfanin – kuma a yi gwaji a wajen likita don ganin ko akwai lalacewar wani ɓangare.

Architecture na Ciwon Dumi da Faduwa — Abin Da Ke Sa Kwayar Kokain Ta Kasance Daban.

THE CENTURION - Tsufa mai tsaurin gaske wanda ya haifar da halaye masu zurfi.

Cocaine yana da tsawon lokacin rage girman sa a jini na kimanin dakika 45 zuwa 90. Wannan tsawon lokaci mai kaɗan shi ne ke haifar da yawan amfani da cocaine, wanda ya fi yawa a cikin amfani da kwayoyi fiye da wasu fursantar. Ba kamar methamphetamine (tsawon lokacin rage girma na sa'a 10 zuwa 12), wanda ke samar da sakamako mai dorewa na tsawon awanni, sakamakon cocaine ya kai ƙarfi a cikin dakika 15 zuwa 30 kuma ya ragu sosai a cikin awan daya.

Ansa na kwakwalwa zuwa wannan tsarin: yawan dopamine da ta farko ke haifarwa yana biyo bayan minti 45 tare da wani nau'in matsala - ƙarancin dopamine, saboda yawan dopamine ya tashi ne sosai kuma receptors na D2 ba sa iya gyara kai. An dauki ta biyu ba don jin dadin komai ba, amma don hana wannan matsalar. An dauki ta uku ba don jin dadin komai ba, amma don hana matsalar da ta biyo bayan

ta biyu. Haka ake ci gaba, har zuwa ranar da ta ƙare, wacce ba ta ƙare ne saboda mutumin ya yanke shawarar dakata ba, sai dai kawai abubuwan da za su amsa ba su rage ba.

Wannan yanayin cin abinci mara ƙare shi ne alamar pharmacokinetic na cocaine - wanda yake cikin tsawon lokacin rabuwa da jiki na sinadarin. Ganin wannan ba dalili bane. Shi ne maƙasatar dalilin yadda yanke karar 'kawai layi ɗaya' ya zama abu mai wahala a matakala, kuma hakan bai taso ga abubuwa da suke da tsawon lokacin rabuwa da jiki mafi tsawo ba.

Kafofin Kokaina - Nau'o'i, Hanya, da Karfin Su.

Fom.	Wajen tafiya.	Fasfa/ duriya.	Abubuwan da ake buƙata don samar da wani tsari na gyara.
Kokanin hydrochloride (foda).	Nasal (shinkawa).	3–5 minti don fara tasiri / 20–30 minti.	Yawanci ana amfani da shi ne a yanayin nishaɗi. Ya haifar lalacewar septum na ƙurfi (ɓarkewa), lalacewar palat, ciwon ƙwayayen da ke cikin baki, da rasa wani abu (anosmia). Idan ana amfani da shi sosai, ya kamata a yi gwajin kula da kwalaye. Tsarin Levamisole mafi yawa yana kasancewa a cocaine ɗin da ake sayarwa a kasuwa. Wani irin ƙamshin cocaine ('clinical edge') an rubuta a cikin littafi yayin farkon samun lafiya – hakan na nufin, idan mahaifa ya yi tunanin zai samu cocaine, jiki zai fara fitar da wani ɗan ɗan ɗan

			ɗan ɗan ɗan

			daga hannun jiki), ciwon fitsari, lalacewar tsarin numfashi. Kyan wancan saurin tasiri (tsawon dakika 10–15) yana haifar da yawan amfani. Amfanin cocaine ya danganta ne da yanayin zamantakewa da tattalin arziki, kuma yana buƙatar tsare-tsaren al'umma na musamman.
Kokain hydrochloride.	Injiniya.	Nan da nan / dakika 10-20.	Mafi yawan samun amfani — duk adadin yana shiga cikin kwakwalwa a cikin daƙiƙu. Yana da wata matsala ta zama addikti sosai. Matsalolin da ke haɗuwa da amfani da shi ta hanyar intravenous (IV): lalacewar jijiyoyin jini, endocarditis, yaduwar HIV/hepatitis C, kamuwa da cuta a wurin allura. Tantana na cututtukan kwayar ne da binciken lafiya, da kuma kula da raɗo, su ne muhimman abubuwa a cikin magance addikti.
Kokain hydrochloride.	Fasfasa da bakin hanci/gashi (na gargajiya).	30–45 minti don fara tasiri / 60+ minti.	Amfani da launin koko a wasu al'adu na kudu maso yamma (ta cin launi). Yana da ƙaramin matakin plasma kuma yana da ƙarancin damar zama addini fiye da sauran hanyoyi. Hakan ya dace ne musamman don fahimtar cewa amfani da launin koko a al'adu na iya bambanta da yadda cocaine hydrochloride ke aiki.
Kwayar Cocaine da man shaidan → Cocaethylene.	Kowane hanya + shan giwa.	Lokaci na iya tsawaita fiye da amfani da kwayar cocaine ɗaya.	Haɗuwa ta haifar da cocaethylene - tsawaita lokaci, ƙara illa akan zuƙin, kuma an tabbatar da cewa tana da ƙarin kashewa. Wannan ba amfani da abubuwa biyu ne kawai a tare. A'ina ne na samar da wata ƙwayar, mai haɗari, a cikin jiki. Saboda wannan tasirin, mutuwar da ke faruwa sakamakon cocaine yawanci ta hada da shan kwalba.

Menene Kokaina Ke Ba - Tarkiwar Mai Karfi ta Majalisar.

THE CENTURION - Rayuwar da Kwarewar Dama Ba Za Ta Yarda Ta Haɗa Ba.

Wannan littafin ya bayyana hakan daidai: cocaine yana ba 'yadda ake ji na rayuwa wanda yanayin yauwa baya bada' ga mutanen da suke da COMT iri. Wannan ba wani bayanin adabi ba ne. Shi ne ainihin halin gaba na jinin mutum mai sauri (Val/Val) wanda ke kawar da dopamine cikin sauri, domin haka abubuwan yauwa – irin nasara, dangantaka, da ayyukan da suke bawa daɗi – ba sa samar da wani sigina mai dorewa wanda jinin yake buƙata.

A cikin yanayin al'ada, idan mutum yana amfani da "Warrior," zai iya jin kamar abu ba daidai ba ne. Ba haka kake ji ko? Kamar duniya ta kasa da yadda ya kamata. Kusan kamar wani abu na biya baya, amma ba matsanancin rashin farin ciki ba. Sannan, idan mutum ya sha cocaine, wannan "kwallaye" zai ɓace. Dukkan abubuwa za su zama cikin sauri, masu haske, da ƙarfi. Magana za ta zama mai kyau sosai. Waƙa za ta zama mafi kyawun waƙoƙin da aka ji a duniya. Kowane abu da ake yi ya zama wani abu mai ban sha'awa.

Wannan ba tunani mara kyau ba ne. Abin da yake faruwa shi ne yadda wani mutum ke jiwa lokacin da ƙwayoyin halita ke samar da adadi mai kyau na dopamine a jikin mutumin, musamman ga wanda bai taba samun wannan adadin ba.

Gane wannan ba zai sa kwayar kokain ta zama aminiyar ba. Yana nuna yadda tsarin dawowa (Recovery Kernel) yake aiki: mahaɗin "mai kasada" yana buƙatar ƙaƙƙauwa, rayuwa, da motsi – waɗanda za su iya samu ne ta hanyoyi waɗanda ba sa haifar da lalacewar zuciya. Menene kokain ya ke kawo? Kìdaya duk wani abu. Kìrƙiri duk wata hanya don maye gurbinsa.

Sashe na 2 - Tsarin Genetikarka.

Kwayar Cocaine ta da mafi ƙaƙƙauwar bayanin halayen kimiyya na jini fiye da sauran abubuwa a cikin wannan jerin. Bayanin da aka shirya ya nuna a fili: mutanen da ke da nau'in COMT (Val/Val) a cikin mahaɗansu, su ne masu yawan tasirin kwayar cocaine. Genotype ɗin da ke ƙasa yana bayyana ba kawai damar kamuwa cuta, har ma da hanyoyin samun wani abu mai kyau, kuma wannan na da wahala sosai.

Anafitar gwajin DNA don gano ko an yi amfani da kwalba.

Jini.	Abin da yake sarrafa.	Kewayon bambance-bambance.	Ba daidai ba ne.
COMT	Saurin yadda dopamine, norepinephrine, da epinephrine ke fita daga jiki - wani ɓangare na halitta.	Val158Met (rs4680) — Val/Val (ƙwarin gaske) mafi mahimmanci.	Gene ɗaya na cocaine wanda yake da nauyin mafi yawa — littafin ya bayyana hakan a fili. Val/Val (Warrior) mai saurin COMT: dopamine yana faduwa cikin sauri a yanayin al'ada → yanayin al'ada mara motsi, kuma ana ƙara ɗora masa → cocaine na samar da dopamine wanda yake cikawa kuma ya rage saurin faduwar. Tsarin farfadowa ga masu Val/Val: ƙirƙirar rayuwa mai maƙarfi da ta samu kwarewa a abubuwan da ke ba da motsi. Rayuwar da ta kasance cikin kwanciyar hankali za ta zama wata matsala ga irin wannan jikin. Kada ku shirya tsarin farfadowa don mutumin da kake so ka zama. Shirya shi ne don na ginin da kai ke da shi.
DAT1 / SLC6A3	COMT — wani bangare da cocaine ke amfani don yin aiki.	10-mawaƙa na VNTR allele (rs28363170)	Mai jigilar dopamine shi ne abu da cocaine ke hana aiki. Nau'in DAT1 na iya shafar yawan da aikinsa. Mutanen da suke da ƙarin adadin DAT (wanda ake kira "10-repeat allele") suna da saurin fitar da dopamine, kuma hakan na iya sa mutane su ji alfanu sosai daga ga cocaine saboda yana hana aikin DAT, fiye da yadda wasu ke jiwa. Hakanan wannan ya dace da ADHD — nau'in DAT1 na "10-repeat" ana dangantar dashi da ADHD, kuma an san cewa amfani da cocaine zai iya kawar da alamun ADHD.

DRD2 / ANKK1	Yawan marufin DRD2 - wanda ke karɓar yawan adadi na dopamine da cocaine ke haifarwa.	Taq1A (rs1800497) - allele ɗin A1.	A1 allele (tsarin adadi mai tsauri na masu karɓar D2) yana haifar da Cutar Rashin Jin Yawa – wani yanayi inda mutum ke ji da cewa ba sa samun abubuwa yadda ya kamata, ko koyaushe. Lokacin da wannan yake tare da Val/Val COMT (sauri a wajen kawar da abu) KUMA tsarin adadi mai tsauri na masu karɓar D2, cocaine yana bada wani ɗan sauƙi ga wani matsala mai tsanani a cikin dopamine. Don haka, don samun alheri, ya zama dole a ƙara yawan abubuwa da ke samar da dopamine a lokaci guda – amsar halitta ta hanyar daya kawai ba za ta iya bada wata hanya ga mutumin da yake da wannan matsala biyu.
SLC6A4 / 5-HTTLPR	Serotonin mai jigilar kayayyaki - wani bangare na yadda kwayar cuta ta cocaine ke aiki.	Alalun da ke da tsauri/tsauri, tsayin/tsayi, ko kuma masu juyewa.	Cocaine yana hana aikin SERT - mai jigilar serotonin. Sababbin halaye na SLC6A4 suna ƙayyade yawan aikin mai jigilar serotonin da ke cikin jiki, kuma wannan ya shafi yadda cocaine ke tasiri akan serotonin. Mutanen da suka fi yawa wajen samar da wannan abu (wanda ake kira "long/long carriers," wanda ke nuna babban adadin SERT) suna iya jin tasirin cocaine sosai - irin tausayin, amfanar kai, da farin ciki. Wannan tsarin samun lafiya na buƙatar gyara yadda serotonin yake a jiki, a gefe guda kuma yana buƙatar gyaran yadda dopamine yake a jiki.
MTHFR	Methylation - tushen samar da mai da sauri (neurotransmitter).	C677T (rs1801133), A1298C (rs1801131)	MTHFR variants na cutar da yawan samar da dopamine da serotonin — wanda ke ƙara matsalar DAT1/COMT/DRD2 da ta haifar amfani da cocaine. 5-MTHF sau da yawa yana iya canzawa a cikin kokan samun nasara ga waɗanda suka da MTHFR variants, saboda yana magance rashin samarwa wanda wasu abubuwan shaɓi ba su iya warware ba. Matsalolin da ake fuskanta a farkon kokan, waɗanda basu da launi kuma marasa ƙarfi, na iya zama sashi ɗaya sakamakon rashin methylation, kawai rashin jujuwa.
DRD4	Bincika sababbin abubuwa, mai	alleli na sake maimaita	Wanda ke da DRD4 7-repeat na neman sabbin abubuwa, mai sauri, kuma yana jin dadin abubuwa.

	da hankali ga adon dopamin, amsawa ga kyauta.	(rs1800955)	Wannan yanayin ya fi yawa a cikin mutanen da suka addaba ƙwayoyin narkewar hankali (stimulants) kuma a cikin waɗanda ke fama da ADHD. Idan DRD4 7-repeat yana nan tare da Val/Val COMT da DRD2 A1, buƙatar sabon abu da tsauraro na "Warrior constitution" tana ƙaruwa. Tsarin farfadowa dole ne ya haɗa da sabbin abubuwa, ƙalubale, da kyautawa mara iyaka — rashin jin dadin wani abu mai ɗan ban sha'awa zai iya zama matsala.
CYP3A4	Wani abu da ke sarrafa yawan cocaine a jikin mutum, wanda ake samu a cikin hanta.	Ba za a iya bayyana bambancin tsakanin abubuwan da suke haifar da canje-canje (inducers) da abubuwan da suke hana canje-canje (inhibitors) ba.	CYP3A4 shine mai sarrafa fitar abubuwa daga jini wanda ke taimakawa a cikin ganuwar cocaine. Abubuwan da suke hana CYP3A4 (kamar fluconazole, grapefruit, wasu antibiotics) na iya tsawaita lokacin da cocaine yake cikin jini kuma ya ƙara tasirinsa. Abubuwan da suke saurin fitar abubuwa daga jini suna saurin kawar da cocaine. Hakanan yana da muhimmanci: cocaethylene yana fito idan akulla cocaine da man shaidan – enzymes na ganuwar da ke sarrafa man shaidan suna tsoma baki wajen yadda ake sarrafa cocaine, kuma wannan ya haifar da wannan abubuwan da suke da illa.
BDNF	Neuroplasticity - tsarin gyara ga manyan hanyoyin dopamine da suka lalace saboda amfani da kwalba.	Val66Met (rs6265)	Kwayar kokain tana ƙara taɓarɓayar BDNF a cikin sashi na gaba na kwakwalwa da hippocampus - wata ɗaya daga cikin hanyoyin da take amfani da su don cutar da ilimin mutum. Mutanen da ke da nau'in Met sun sami ƙananan matakan BDNF, wanda hakan ya haɗu da yadda kokain ke taɓarɓayar BDNF. Yawan motsa jiki yana zama abu ba za a iya barci ba ga mutanen da ke da nau'in Met saboda shi ne mafi kyawun hanya don samar da BDNF, wanda kokain na ƙara taɓarɓayarsa.

Phenotyping ba tare da sakamakon gwaje-gwaje ba.

Abun da ake amfani dashi don tantance halaye a cikin wannan littafin, ya fi cancantar amfani wajen gano shan kwayar kokain, saboda 'yan wasan suna nuna alamomin halaye na musamman.

- Kwayar cocaine ta sa ka ji kamar kai ne mafi ƙwarewa, mafi wahalci, da kuma na iya yi – ba kawai narkewa ba, amma kai ne a cikinku, a matakin ku na gaba. → Alamar "Strong Warrior COMT" (Val/Val). Yin wannan yadda ya sa ka ji yana nuna cewa dopamine ke aiki yadda idon ku yake buƙata, amma jikin ku bai iya ci gaba da haka ba ne.
- Shin ka yi amfani da kwayoyi a wurare kamar taron aiki, shagwaba, ko lokuta na nishaɗi, kuma ka ji cewa sun inganta yadda ake hulɗa? → Ana iya samun tasiri mai alaƙa da serotonin. Wakõkin SLC6A4 na iya bayyana dalilin wannan tasirin sosai.
- An samu wata matsala a layi na farko, kuma hakan ya sa aka ƙara wani layi. → Wannan abu yana da alaƙa da DAT1, wanda yake sake yin aiki sau goma, da kuma DRD2 A1, wanda yake da ƙarancin abubuwa — tsarin sadaukarwa ya samu wata canji, kuma wannan canjin ya faru ne cikin sauri fiye da yadda kwayar cocaine za ta iya biyan buƙatu.
- An gwada ko an dage cewa kana da ADHS? → Hanyar haɗin DAT1 10-repeat + DRD4 7-repeat. Cikakken abubuwan cocaine da methylphenidate sun yi iri ɗaya. Wannan na iya zama wani abu da kake amfani dashi don kawai ka shawo kan alamun ADHS.
- Idan yawan hali bai nuna rashin damuwa ba, amma ya kasance mara daɗi — kamar duniya ta kamata ta zama mai ban sha'awa fiye da yadda take? → Wannan alamar ce na wani mutum da ke da matsalar COMT. Karamin halin da yake nuni ne na yadda jikin sa ke daidaita kansa ba tare da amfani da abubuwan da suka haifar rashin lafiya ba. Hakan gaskiya ne. Al'ajabi ne. Shi ne burin da ake so a cimma wajen inganta lafiya.

Sashe na 3 - Tsarin Tsafta.

THE CENTURION — Karamin abin da ya faru shi ne alama cewa an fara wani sabon abu.

Tausayin cocaine baya haifar da rikici na fitsari kamar yadda ake samu a cikin kwalba da benzodiazepines. Baya kuma haifar da matsalar zuciya wacce ke faruwa ne lokacin amfani da cocaine. Abin da yake haifar shi ne abin da yake daura: matsananciyar raguwar dopamine a jikin mutum, wanda ya samu cikas saboda yawan amfani kuma yanzu haka yana cikin wani hali mara ƙarfi.

Wannan littafin ya bayyana hakan game da abubuwan da ke ƙara wahala: tsarin yana cikin yanayin ƙaramin ikon. Babu wani abu da yake da kyau ko da ake so a yi. Tsarin soniki don magance matsalar rabin abubuwan da ke ƙara wahala, ya nuna cewa ya kamata ya kasance daga 60–80 BPM, amfani da sautunan masu zafi, kuma amfani da kalmomin da suka fi dumi – domin taron ƙarfi zuwa wani tsari mara ƙarfi na iya haifar da rudurrukan banza maimakon motsa shi.

Tsayyawar amfani da kwayar cocaine ba ta da hatsarin likita. Amma tana iya zama mai tsanani a matakin tunani. Kuma wannan wahala a matakin tunani yana dogara ne kai tsaye ga yawan abin da kwayar cocaine ke cika buƙatar jikin mutum.

Lokaci da za a yi don kawar da abubuwa.

Fasfa.	Halitta.	Alamar cuta.	Menene da za a yi?
Taimakon da za'a yi bayan hatsarin (Saitin na sa'o'i 0-24).	Adadin dopamine, serotonin, da norepinephrine ya ragu; rabin D2 sun rage yawa; tsarin sadaukarwa yana cikin matsayi mafi ƙanƙanta; tsarin HPA ya lalace.	Matsalolin wahala da yawan barci, rashin farin ciki mai tsanani da damuwa, yunwa mai ƙarfi (wanda sau da yake keɓance ga sukari da abinci mai karfi), damuwa tare da gajiya, kuma buƙatar narkewar kwayoyi.	Barci. Ci. Sha ruwa. Yi aiki da Tsarin 01. Yanzu ba lokaci ne don kin damuwa game da matsalar — wannan shi ne farkon gyara. Matsalar ita ce buƙatar jikin, wacce ta samu saboda rashin kula da shi yayin lokacin wahala. Bari ya faru.
Wannan lokaci na "Honeymoon " (ranin aure) (kwanaki 1-3).	Wani ɓangaren dawon tsarin dopamine; wasu masu karɓar D2 sun sami damson sake aiki; tsarin HPA ya dawo wani ɓangare; hakan na iya bayyana kamar an samu cikakken dawowa.	Bayan hatsarin, ana iya jin wani ci gaba; an samu sabon ƙarfi; yanayin yana inganta; hakan na iya sa mutum ya ji kamar "na sha wahala sosai".	Ba za ku ɗauki lokacin farin ciki na farko (honeymoon) a matsayin wani sabon zamantakewa ba. Wannan shi ne kawai wani ci gaba mai iyaka, ba matsakaici ba. Tausayin zasu koma, kuma yawanci su fi ƙarfi, a cikin wata wasu lokaci. Amfanu da wannan lokacin don inganta abubuwan da za su

			taimaka maka, shirya tsarin motsa jiki, da samar da yanayi don wajen shawo kan matsalolin gaba.
Lokacin da ake fita daga magani (ƙwanaki na 3-28).	DRD2 ya ragu kuma ya tsaya a matakin da ya ke, amma yana ƙasƙantar; samar da dopamine na sake faruwa, amma har yanzu bai kai matakin da yake kafin amfani da cocaine ba; BDNF ya ƙi samun ci gaba; rashin jin dadin abu (anhedonia) ya fi karfi.	Anhedoniya mai ci gaba - rashin iya jin farin ciki daga ayyuka waɗanda a baya suke kawo kwarewa; tsananin sha'awa wanda alamu ke haifar da shi; tashin hankali; matsalar tunani; wahala cikin barci; fushi; gajiya.	Wannan shi ne mafi wahalar lokacin da mutum ke sake dawowa zuwa halin da ya bar. Mutumin yana tunanin yadda yake jin dadin narkwarki; kuma yana cikin wani hali mara dadi. Hanyar 'kawai line ɗaya don ji' tana iya zama mai ƙarfi. Canje-canje a muhallin (Protocol 05) na da mahimmanci. An aiwatar da duk wasu ayyukan da ke taimakawa. Karatun ya fara - BDNF alamar gyara ce. Tsarin tallafi yana da mahimmanci.
Samun Lafiya da Sawo (Watan 1-3)	An gano cewa adadin D2 receptors ya kasance yana ƙaruwa, kuma an lura da babban damar ci gaba. BDNF yana sake samuwa. Yin tasiri na dopamine yana daidawa. Tsarin serotonin yana sake gyara. HPA axis yana inganta.	Ci gaba da inganta yanayin tunani; lokuta na gaskiya na jin dadin suna dawowa; bayanin tunani yana ci gaba da inganta; yuwuwar samun matsalolin PAWS; sha'awar zai iya faruwa ne a wasu lokuta kuma ta hanyar abubuwa, ba koyaushe.	Waɗannan alamar rabuwar ƙwayoyin halitta da ake samu a lokacin amfani da kwalba, su na biyo bayan tsarin wahalci mai sauri da karfi (wanda sauƙi yake faruwa ne saboda wasu abubuwa masu tasiri) tare da rashin yawan dopamine. Rubuta abubuwan da ke haifar da wannan wahalci a hankali. Tsarin samun jin dadin halitta yana zama mai ƙarfi yayin da D2 receptors ke sake gyara.
Kirƙirar al'adu (Watan 3-12)	An samu babban inganta a cikin masu karɓa na D2; tsarin dopamine da serotonin sun daidaita sosai; matakin BDNF ya kai ko kuma ya wuce matakin asali tare da motsa jiki yadda ya kamata; aikin tunani ya daidaita.	Karfin jin daɗi ya kai matakin yadda yake a al'ada; tsõron abinci yana zuwa ne ta hanyoyin waje; samun farin ciki a rayuwa ya zama yiwuwa; ƙarfafawar yin abu na komawa; canjancin halaye ke faruwa.	Tsarin addikta na halitta (Sashe na 6) ya fara aiki sosai. Kungiya ta "mai yaki" - tare da yanayi mai dacewa - tana samun ƙarfin gaske wadda ta kasance buƙata a koyaushe. An sake rubuta sashin C-28 na littafin: 'Mai kwarewa a cikin rashin komai' ya zama 'mai kwarewa a cikin abu mai gaskiya'.

PAWS a cikin kokarin watsi da kwalba.

⚠ COCAINE PAWS yana nuna alamar wahala mai tsanani wacce ta iya faruwa cikin gaggawa, kuma yawanci ana kiranta ne da abubuwa iri-iri — kamar sautin, ƙamshi, wurare, mutane. Wannan abu ake kira Cue-Reactivity, kuma yana da karfi sosai. Ka shirya Tsarin Dakile (Interrupt Protocol) kafin ya zo.

Matsalar sakamakon rabuwa da kwalba bayan an samu wani dan damar kwana, wanda ake kira ne "post-acute withdrawal syndrome", yawanci ana iya ganin rashin zamantakewa da ƙwaƙwalwar mutum (craving) ta hanyar abubuwan da ke haifar da wannan rashin zamantakewa. Wannan ɗaya daga cikin mafi girman matsalolin da ake fuskanta a harkokin magance addiktuwa. Tsarin dopamine ya koyu yadda zai mayar da martani ga duk wanda yake da alaka da kwalba, kuma hakan na iya haifar da wata hali mai tsanani. Wannan hali yana nuna cewa mutum yana fatan samun kwalba. Ko kuma bayan watanni ana fama da wannan matsalolin, waƙa ɗaya, yanayin zamantakewar ɗaya, ko ma ƙamshin wuri ɗaya na iya haifar da rashin zamantakewa (craving) wanda yake irin abin da ake ji a farkon rabuwa da kwalba.

Wannan ba koma baya ba ne. Abin da yake faruwa shi ne tsarin dopamine na jiki ke aiki saboda horo, ba saboda amfani yanzu. Aikin da za a yi shi ne biyo bayan dokokin da aka bayyana a Sashe 5, kuma za a aiƙa su nan take, ba tare da tattaunawa ba.

Sashe na 4 - Sake Gine-ginen Mai Ganye.

Samun wani abu da zai warshiya amfani da kwalba yana buƙatar gyara wa uku na jiki a lokaci guda: dopamine (wanda ke ba da jin daɗi da motsa jiki), serotonin (wanda ke ba da ji daɗin zamantakewa da yanayin hali), da norepinephrine (wanda ke ba da ƙarfi da kula). Koƙarin warshiya amfani da kwalba yana buƙatar gyara wa uku. Gyaran methylation na kusan dukkanin abubuwa uku. Samun lafiya daga cututtuka (na zuciya, nashi, da sauran cututtuka) ya faru tare da gyaran jikin.

4.1 — Kungiyar Methylation.

Matsalalar raguwar kayan aiki uku na neurotransmitters da ake samu sakamakon amfani da cocaine na tsawon lokaci, yana ƙara yawan matsala idan akwai wanda yake da MTHFR-variant methylation impairment. Ba tare da adadi mai yawa na methylated folate da B12 ba, hanyoyin samarwa na dopamine, serotonin, da norepinephrine ba za su iya aiki cikin cikinsa ba, ko da an bada abubuwan da suka haɗa su.

Ba wani abu da za a saka.	Adadi.	Lokaci.	Lokuta na musamman game da cocaine:

			* **Alamomin amfani:**
			  * Girgiza jikinsu.
			  * Babban sauri.
			  * Rashin lafiya.
			  * Ciwon zuciya.
			  * Tausayin.
			  * Rashin iya barci.
			
			* **Matsalolin da ake samu:**
			  * Addiction.
			  * Matsalar lafiya.
			  * Rashin kudi.
			  * Yawan amfani.
			
			* **Gyara:**
			  * Taimakon likita.
			  * Taimakon ruhaniya.
			  * Kungiyoyin tallafi.
			
			* **Idan kana cikin damuwa, tuntuwa da kwararre.**
			
			* **Recovery Kernel**
			
			* **Naloxone**
			
			* **COMT**

			* **DRD2** * **MTHFR** * **Blueprint** * **findahelpline.com**
5-MTHF (L-methylfolate)	400-1000 mcg kullum.	Safe da abinci.	Kowane abu da ake samu a cikin kokain yana kawar da monoamine uku, kuma wannan yana buƙatar hanyoyin samarwa na neurotransmitter waɗanda suke iya yin aiki sosai. 5-MTHF shine cofactor wanda ke saita yawan samfurin dukansu manyan tsarin monoamine guda uku a lokaci guda. Ga mutanen da suka haɗa MTHFR kuma suna amfani da kokain, wanda wasu daga cikinsu na iya zama hanyar "taimakon kai" don rashin samarwa, 5-MTHF sau da yawa shi ne abun da yake taimakawa mafi yawa a farkon zaman lafiya. Ka fara da 400mcg kuma ƙara ta hanyar sauƙi.
Methylcobalamin (B12)	1000–2000mcg	Safe, ƙarƙi.	Ana iya amfani da shi tare da 5-MTHF. Amfani da kwalba yana kawar da B12, kuma yanayin rayuwa da ke haɗuwa da kwalba (ciwon abinci mara kyau, shan alkawari, rashin barci) suna ƙara yawan kawar da B12. Ingancin kwalba na iya damƙa tsarin methylation, don haka tabbatar da adadin B12 yana taimakawa tsarin methylation da gyara jikin.
P5P (vitaminsu na biyu).	25–50mg	Safe.	Abubuwan da ke taimakawa wajen samar da dopamine (DOPA decarboxylase), serotonin (aromatic amino acid decarboxylase), da norepinephrine (dopamine beta-hydroxylase). Kowane abu da cocaine ke haifar yana ƙara buƙatar enzymes waɗanda P5P ke ba su taimako. Amfani da pyridoxal-5-phosphate kawai.
Magnesium glycinate.	400-600mg na	Safe da yamma.	Kwayar Cocaine na iya rage yawan magnesium a jiki - kai

	abubuwan da ke cikin abu.		tsaye ta hanyoyin metabolism da kuma wata hanya ta rashin abinci mai gina jiki da gajiya da ake samu a lokacin amfani da kwaya. Rashin magnesium na iya haifar da damuwa, matsalar tunani, ƙara yuwuwar cutar zuciya, da tsarin barci mara kyau - waɗannan abubuwa suna da mahimmanci wajen janye daga amfani da cocaine. Rage damuwa ta hanyar samun magnesium mai yawa galibi yana iya haske a cikin yan kwanakin.
Zinki.	Kwanakin 20-30mg.	Abincin yamma.	Zinc yana da mahimmanci don samar da dopamine kuma ga aikin wasu enzyme a cikin hanyar monoamine. Amfani da cocaine da cutar da abinci ke haifarwa na rage adadin zinc a jiki. Hakanan, yana taimakon tsarin rigakafi — wanda yake da muhimmanci musamman dangane da damar agranulocytosis da ake samu ta amfani da levamisole.

4.2 — Sake gina dopamine.

THE CENTURION - Babban burin mahaɗan da ke cikin hankali - Sake gina siginar da ba ta isa.

Gyara da samarwa sabon mai daidaito (dopamine) shi ne babban aikin bioloji wanda ake yi a lokacin farfadowa daga amfani da kwalba. Kungiya ta gabaɗaya tana da matsala, kuma kwalba ta ƙara damuwa, wanda hakan ya haifar da matsala biyu. Don haka, dole ne a yi gyara ta hanyar tsarin da ke da matakai daban-daban.

Ba wani abu da za a saka.	**Adadi.**	**Lokaci.**	**Lokuta na musamman game da cocaine:**
			
			* **Alamomin amfani:**
			  * **Girgiza jikinsu.**
			  * **Babban sauri.**
			  * **Rashin barci.**
			  * **Ciwon kunne.**
			  * **Taurarin idanu.**
			  * **Zubar da wuya ko ciki.**
			
			* **Matsalolin lafiya:**
			  * **Sawan hawan jini.**

			*** Matsalar zuciya.** *** Rashin samun iska (respiratory failure).** *** Ciwon rayuwa.** *** **Yadda ake magancewa:**** *** Idan wanda ya amfani yake da matsala, nemo taimako na likita nan take.** *** **Naloxone** na iya taimakawa wajen rage damuwa idan an sha adadin cocaine mara kyau.** *** **Taimakon da za a samu:**** *** Kada ka ji tsoro neman taimako. **Medical help is not failure.**** *** Za ka iya zuwa **findahelpline.com** don samun bayanai.**
L-Tyrosine.	500-2000mg kullum.	Safe, ba tare da furotin ba.	Wani abu da ke samarwa jikin dopamine kai tsaye. Wannan littafin ya ambaci tyrosine a musamman don sabuntawar COMT ga masu ciwon cocaine. Ka fara da 500mg, sannan ka ƙara adadin bisa yadda jikinka yake amsa. Sha wannan abun na minti 30 gaban ko sa'o biyu bayan cin abinci – tsofaffin amino acids suna damƙa yadda ake shanyawa, wanda ke rage tasirinsa idan aka sha da abinci. Idan L-tyrosine ya haifar maka da tashin hankali (wanda ba abu gama gari ba ne), maye gurbinsa da NALT (N-acetyl L-tyrosine) wanda yake da raɗi mara ƙarfi.
Mucuna pruriens (tushen L-DOPA).	100–300mg L-DOPA equivalent.	Safe, ba tare da furotin ba.	Hanyar samun L-DOPA na halita - wacce ke da kusan matakin da ake samu a cikin dopamine fiye da tyrosine. Wannan littafin ya ambaci Mucuna pruriens musamman don sassaucin matsalar sojoji. Ya ƙunshi wasu alkaloidi waɗanda kuma sukan taimaka wajen inganta hali. Kada ku haɗa Mucuna mai girma tare da L-tyrosine - zaɓi ɗaya a matsayin babban abu. Ayyukan Mucuna sun fi sauri da

			yawa, kuma suna iya zama masu ƙarfi fiye da tyrosine, wanda wasu mutanen da ke cikin wannan kungiya suke so.
Uridin monofasphate + DHA + CDP-Choline (Kungiya don inganta aikin baki).	UMP 250–500mg + DHA 1g+ + CDP-Choline 250mg	Mafi kyawun safe lafiya.	Ana ƙara yawan da kuma adadin masu karɓar sigina na D1/D2 ta hanyar hadin gwiwa - wani sabis da ke da babban tushen ilimi don ƙara yawan masu karɓar sigina, kuma ba a sayya shi ba. Wannan yana magance matsalar raguwar yawan masu karɓar sigina na D2, wanda shine sakon kimiyyar lissafi na amfani da kwayoyin cocaine na tsawon lokaci. Brain Stack yana samar da inganta halin da ke ci gaba a cikin makonnin da kuma watanni, ba don kawar da alamun cuta kai ma kai.
NAC (N-Acetyl Cysteine)	600-1800mg kullum, a rarraka cikin adadi.	Safe da daddun ruwa tare da abinci.	Yana daidaita matakin glutamate a cikin nucleus accumbens — wanda ke magance tsaurin bambanci na glutamate da dopamine, wanda ke haifar da burgewar shan kokain. An gudanar da gwaje-gwajen likita da yawa akan amfani da NAC don rage burgewa a wadanda suke fama da ciwon shan kokain. Wannan yana cikin abubuwan da suka fi samun shaida wajen magance matsalar shan kokain. Kai tsaye ka fara dakatar da shan kokain.
Rhodiola rosea	300-600mg daidaitacce.	Safe.	Tsauraran aikace-aikacen dopamine da serotonin; mai hana damuwa; mai rage gajiya. Ya fi amfani a makonni 2–8 lokacin da rashin jin dadin rayuwa da ƙarancin motsa jiki ke bayyana, amma abubuwan da ke taimakawa ba su isa ba. Rashin lafiya a farkon zamanin narkewa daga shan cocaine yana amsa goyon bayan Rhodiola ga dopamine, ba tare da haɓaka ba.

4.3 — Sake gina serotonin.

THE CENTURION - Yadda kwayar cocaine ke haifar da soyayya da kamfana - Ka sake gina shi.

Ba kamar jagorar shan methamphetamine ba, inda sake gina serotonin ya zama babban buri na biyu, a cikin kokarin watsi da cocaine, yana zama babban buri. Cikin hanyar hana SERT da ake samu ta amfani da cocaine, akwai ƙarfafawar zamantakewa, zurfin tunanin, da sauƙin mu'amala, waɗanda suke ɓacin ciki a lokacin kokarin watsi da shi. Yawan rabuwa daga al'umma da rashin nuna damuwwa a farkon kokarin watsi da cocaine ya ƙanana ne ta hanyar serotonin.

Karin abinci.	**Adadi.**	**Lokaci.**	**Lokuta na musamman game da cocaine:** * **Cocaine na iya zama mai guba kuma yana iya kashe mutane.** * **Yin amfani da cocaine na iya haifar da ciwon ƙungiya, rashin lafiya, da matsalar tunani.** * **Idan kana son yin amfani da cocaine, tuntuƙi likita ko mai taimakon.** * **Idan kana damuwar yadda ake amfani da cocaine a cikin al'ummar ka, tuntuƙi jami'in 'yan sanda ko kungiyar kare jama'a.** **[Karin bayanin game da cocaine zai iya samuwa a findahelpline.com.]**
5-HTP	50–150mg	Yamma, minti 30 da suka rage kafin barci.	Serotonin precursor - mafi yawan taimakon da za a iya samu don sake gina serotonin. Shafe abincin ne kawai ya nuna alheri ga yanayin zuciya da barci. Wannan abu na zamantakewa da dangantaka wajen samun lafiya - sake ƙirƙirar farin ciki da haɗin gwiwa, wanda cocaine ke ba da shi ta hanyar tasirin sa akan serotonin - galibi ya ingara sosai a cikin makonni 2-4 na amfani da 5-HTP. Kada ku sha wannan abinci tare da SSRIs ba tare da shawarin likita ba.
L-Triptofan.	500–2000mg	Yamma, ba tare	Wata hanya ta maye gurbin ko

		da furotin ba.	taimakon 5-HTP – wacce ke aiki ne a hankali, kuma tasirin sa ya kasance kadan. Wasu mutane suna samun sakamako mafi kyau daga amfani da tryptophan da ƙananan adadin 5-HTP fiye da amfani da kowannen suwa ɗaya. Sha abin da zai maye gurbin protein, saboda dalilin takawar watsa juju.
Inositol.	4-12g kullum (gyara adadi).	An rarraka abinci.	Yana da tasiri akan yadda jikin ke amsa masu karɓar serotonini. Hakanan, akwai shaida cewa yana taimakawa wajen kawar da damuwa da cutar OCD (cutar tunani), waɗanda suke fiye a cikin mutanen da ake gyara daga cin cocaine fiye da wasu nau'in ƙwayoyi. Ƙarfin tunanin da yake haifarwa ga mai cin cocaine yana amsa sosai ga tasirin inositol akan masu karɓar serotonini.
Omega-3 EPA mai yawa.	2-4g yau da kullum (EPA ya fi DHA).	Tare da abinci, safiya.	EPA, wanda ke cikin omega-3, yana da babban shaida a kan lafiyar tunani da hana rashin lafiya — kuma yana taimakawa wajen magance rashin lafiya da ake samu yayin janye cocaine. DHA tana ba memburbuɗi ƙarfi don gyara na receptors. Yawan EPA zuwa DHA abu ne mai mahimmanci a kan lafiyar tunani: yawan 2:1 ko kuma 3:1 na EPA zuwa DHA shi ne yawan da aka tabbatar cewa yana taimakawa wajen hana rashin lafiya.

4.4 — Tambayar game da ADHD

THE CENTURION - Babban abun da ake rasa maganinsa wanda ke haifar da ciwon amfani da kwalba.

Kokanin yana hana sake shiga mai, kuma yana da irin halaye na ilimi iri ɗaya da methylphenidate (Ritalin). Matsalolin da kokanin ke haifarwa wanda yake sa mutane su ji daɗi ba sa damfarar mutanen da suka lalace a wajen ADHD, amma suna samar da inganta ƙwarewar tunani da hankali ga mutanen da suka lalace a wajen ADHD. Kokanin ya kasance hanya ce ta farko don mutanen da suka lalace a wajen ADHD su yi maganin kansu shekaru da dama - kuma yawanci, rashin lafiyar

da ake samu a wajen ADHD ba a gano ba saboda amsar 'ina iya hankali idan ina amfani da shi' ba ta zama alamomin da ke jawo mutane zuwa ga likitocin ilimi.

Variants na DAT1 10-repeat da kuma DRD4 7-repeat, waɗanda suke da alaƙa da yuwuwar jefa mutum cikin muggan halaye (kamar amfani da kwalba), kuma suna cikin mafi ƙarfi masu alama na genetic don ADHD. Wannan abu ba wani abin mamaki ba ne.

Idan ka fi amfani da cocaine don samun hankali, yaduwa, ko inganta aikin tunani, ba ne don jin dadin rai — kuma idan kana fama sosai da rashin hankali, tsara abubuwa, da kammala ayyuka lokacin da ba ka amfani da shi — to, binciken ADHD ya zama abu mai mahimmanci a cikin kokarin samun lafiya. Ana iya magance ADHD ta hanyar amfani da wasu magunguna waɗanda ba su ƙara damar addikti ba (Strattera/atomoxetine, Wellbutrin/bupropion, Intuniv/guanfacine). Tattauna wannan lamari da likitan masana addinci.

4.5 — Samun Lafiya – Na hannu, na zuciya, da kuma cuta.

THE CENTURION - Jikin da ya lalace tare da kwakwalwa.

Matsalar da ta shafi fuskar numfashi (maimakon da ake yi a cikin numfashi): Amfani da cocaine na tsawon lokaci yana haifar da lalacewar ƙwayoyin da ke cikin numfashi, rashi na septum, kuma a wasu matsaloli masu tsanani, yana haifar da lalacewar bakin. Yana da kyau a duba wanda yake amfani da cocaine a cikin numfashi na tsawon lokaci tare da likita. Wanke fuskar numfashi da ruwan suko (kamar NeilMed ko neti pot) kullum yana taimakawa wajen warshawar ƙwayoyin. Vitamin C da zinc suna taimakawa wajen warshawa jini. Za a iya samun warshawa a cikin matsalolin masu tsanani, amma lalacewar da ta faru (rashi) na iya buƙatar maganin tiyata.

Binciken lafiyar zuciya: Duk wanda ya yi amfani da kwayar cocaine a yawan gaske dole ne a duba lafiyarsa. Wannan bincike zai haɗa da: ECG don tantance cututtukan tsarin jini ko alamu na rashin samun iska ga zuciya; kula da matsin lamba; kuma echocardiogram idan akwai alamun rashin lafiya ko tarihi mai yawa na amfani da kwayar cocaine. Cutar zuciya wacce ta taso sakamakon amfani da kwayar cocaine (zuciya ta girma, ta lalace saboda amfani da kwayar cocaine a tsawon lokaci) ana gano ta ne a cikin mutanen da suke amfani da kwayar cocaine sosai kuma dole ne su sami bincike daga likitir.

Cututtukan da ake yiwa jiki: Masu amfani da kwalbu na cocaine: gwaje-gwajen HIV, Hepatitis C, da Hepatitis B. Bincike don ganin ko akwai cutar endocarditis idan akwai zubar da ruwa, tsutsotsi a cikin zuciya, ko alamun rashin lafiya a jiki. Gwaje-gwajen yaduwar ƙwayoyin cuta (STI) idan amfani da cocaine ya faru a lokacin al'ada.

Lura da sakamakon gwajin Levamisole: Gudanar da gwajin jini (CBC) a farko lokacin samun lafiya. Idan alamun cutar agranulocytosis suke

bayyana (zubar da ruwa, ƙwayoyin hawan baki, rauni ga ciwon garkama) — yi sauri zuwa asibiti. Sake yin gwajin jini a watanni 1 da 3.

4.6 — Sake gina barci.

Kwayar Cocaine da barci suna da alaka ta musamman: kwayar cocaine na iya haifar da wahala wajen samun barci yayin amfani da ita (yana ƙara yawan norepinephrine, wanda ke hana barci), sannan kuma yana iya haifar da barci mai tsanani bayan taso (kamar yadda jikin da ya gaji yake son yin gyara). Kwarewar ci gaba da amfani da kwayar cocaine kuma ta samu taso na yawa na lokaci tana haifar da lalacewar cikakken tsarin barci, wanda hakan na iya ci gaba don makonnin bayan an daina amfaninta.

- Melatonin: 0.5–1mg a ƙarƙashin harsashi, minti 30–60 kafin lokacin barci da ake so. Tsarin circadian ya sake kasancewa cikin matsala saboda juyuwawar "binge-crash" — amfani da melatonin a lokaci mai kyau yana taimakawa wajen gyara shi.
- Magnesium glycinate: 400mg na magnesium, ana sha daidai da safiya. Yana maganin rashin kwanciyar hankali da kuma damuwa wanda ke faruwa a farkon rabuwar cocaine.
- Glycine: 3–5g, dakika 30 kafin barci. Yana rage yawan zafin jiki kuma yana taimakon tsarin barci.
- 5-HTP: 50–100mg, daren. Sake gina serotonin yana taimakawa wajen samun barci da kuma tsarin barci mai zurfi (REM).
- Extract din tart cherry: 480mg kowacce dare. Ya kasance tushen melatonin na halitta; kuma yana hana ciwon launin.
- L-Theanine: 200mg, daren. Yana rage yawan motsin tunani wanda ke ci gaba a farkon kwanciya daga shan kwalba, kuma yana hana rashin samun barci.

Tsarin motsa jiki don magance sakamakon amfani da abubuwa masu ƙarfi wanda ke taimakawa wajen barci: ana amfani da delta binaural beats (0.5–4 Hz) don hana barci; matsakaicin sauti na 60–70 BPM; ana amfani da sautin yanayi, sautin drone, da sautin halittu. Kada a yi amfani da sauƙi mai tsauri, kada a yi canje-canje masu rudewa. Karanta sauti. Tsarin yawan jinin wanda ya fi damuwa sakamakon amfani da kwalba na iya lalacewa ta amfani da sautin da ke motsa jiki.

4.7 — Layin Tallafi na Peptides.

Fasfurin amino.	Tsarin da ake amfani don warshawar mutanen da suka addaba kwalba.	Lokaci.	Notes

BPC-157	Tsauraran tsarin dopamine da serotonin; yana yaki kai tsaye da raguwar dopamine wanda cocaine ke haifarwa a cikin gwaje-gwajen; gyara tsarin makarkari da idanu; kare ƙwayoyin sanna; yana tallafawa fitar da BDNF.	Ranar 1 bayan yanke karar - kullum.	BPC-157 shi ne peptide mafi mahimmanci wajen warshawar miya, saboda yana da tasiri kai tsaye ga tsarin dopamine. Wannan ya tabbata ne a taƙaice, inda aka gano cewa BPC-157 yana magance lalacewar da miya ke haifarwa ga tsarin dopamine. Za'a iya ɗaukar shi ta hanyar cin abinci ko kuma shigar dashi karkatage. Gyara da ake samu a tsakanin ƙungiyar digestive da jini abu ne mai mahimmanci, saboda amfani da miya na lalata yawan halaye masu kyau a cikin ƙungiyar digestive, kuma yana rage samar da serotonin wanda ke fitowa daga wannan ɓangaren.
Semax	Wadatar BDNF da NGF; inganta ilimi; tsara dopamine da serotonin; tallafi ga prefrontal cortex — kwayar cocaine tana kawar da BDNF a cikin prefrontal cortex.	Wata ta 1 da kuma bayan haka.	Cocaine yana hana samar da BDNF a cikin sashi na gaba na kwalliya, kuma wannan ɗaya daga cikin abubuwan da ke haifar da rashin lafiya a tunani. Abubuwan da Semax ke samarwa wajen ƙara yawan BDNF suna adawa da wannan abu. Rashin bayyanar tunani, wahala wajen yin shawarwari, da kuma rashin kulawa waɗanda ake samu a lokacin kokarin shawo kan cocaine, za su iya inganta ta hanyar taimakon da Semax ke ba wa sashi na gaba na kwalliya. Ana amfani dashi ta hanyar shigarwa cikin kwalba.
Selank	Ana amfani da shi don rage damuwa ta hanyar tasiri akan GABA da serotonin; yana rage damuwa ba tare da haifar da ƙuraɓewa ba; wani ɓangare na serotonin yana da alaƙa kai tsaye da yadda	Watan 1-8 - kamar yadda ake buƙata don damuwa.	Matsalolin da Selank ke yi wa serotonin suna sa shi ya zama abu mai muhimmanci wajen warshawar mugun ƙwayoyi, musamman idan an kwana a asibiti, fiye da wasu abubuwa — yana magance matsalar serotonin da mugun ƙwayoyin ke

	cocaine ke aiki.		haifarwa, kuma yana rage damuwa ta GABAergic. Ba shi da yuwuwar zama addini. An shirya don shigar da shi cikin kwalba.
Epitalon	Tsarin barci; kare tsire-tsire; hanyar pineal; daidaita lokaci.	Watan 1-4.	Matsalar tsarin lokaci da ake samu sakamakon amfani da kwayar cocaine, wanda ke haifar da wahala, na iya ci gaba har zuwa makonnin. Epitalon yana taimakon tsarin pineal kuma yana inganta tsarin lokaci.
Dihexa	Synaptogenesis; HGF/c-Met pathway; yana bunkasa sabbin haɗin synaptic a cikin prefrontal cortex da hippocampus wanda cocaine ya lalata ta hanyar rage BDNF.	Watan 1-3.	Ƙarfuzuwar da cocaine ke yiwa BDNF da sakamakon ayyukan sa a cikin synapses na iya zama abin maganin Dihexa, wanda yake da ƙarfi sosai — fara da adadin da ya fi ƙanƙanta. An samu bayanai kaɗan akan amfani da shi a mutane; akwai dalilai masu karfi game da yadda cocaine ke lalata ɓangaren gaba na kwalliya.

Sashe na 5 - Tausayin Kokaina - Fahimta da Yadda Za A Dakatar Dashi.

THE CENTURION — Abin da yake sauri fiye da sauran, kuma ya mayar da martaba sosai a cikin ƙungiyar abubuwan da ke haɓaka wahala.

Taurin narkewar cocaine yana cikin mafi ƙanƙantarwa da kuma wanda ke mayar da martani sosai a fannin maganin addikti. Signalin da dopamine ke aika wa hanyoyin kwakwalwa don samar da shi lokacin amfani da cocaine, yana iya zama mai ƙarfi da sauri – cikin mili-sekondi kaɗan bayan ganin wata alamar narkewar cocaine (wata murya ta musamman, ganin fari, yanayin zamantakewa da ake amfani da shi, ko wani ɗanɗali), tsarin dopamine na mayar da martani ya kunna ne a matakin kusan mafi yawa.

Wannan ba wani tsari ne na tunani. Wani abu ne da ke faruwa a cikin jijiyar ƙwaƙwalwa kafin mutum ya yi tunani. Ƙwaƙwalwar ta fitar da sinadari mai suna dopamine kafin sashin gaba na ɗabi'a (prefrontal cortex) ya samu damar duba shi. Don haka, hanyar cewa "ka ki ga ba ka tunani game da hakan" bai yi aiki ba wajen magance amfani da cocaine: tsarin wahala bai fara ne ta tunani ba. Tunanin na zuwa bayan haka.

Tsarin toge na dole ya kasance mai amfani kafin ya zama mai tunani: ayyuka suna zuwa kafin bincike.

Farkon sha'awar kokain.

Nau'in abin da ke haifar da shi.	Wani lamari na tsarin jijiyoyin jima.	Tsarin dakile.
Alamar muhalli (mafi girma).	Wajen da ake amfani da kwalba, mutane, abubuwa, wuya, mawaƙa, da yanayin zamantakewa – duk abin da ke haɗuwa da amfani da kwalba na iya samar da fitar da dopamine kafin mutum ya san cewa yana son kwalba.	BARCI daga wurin nan NANNE. Kar ku yi magana. Kar ku "kawai kaɗan". Fita daga wurin da ke haifar da damuwa shi ne abu na farko, ba na karshe. Tsarin da ke haifar da damuwa yana buƙatar wajen da ke haifar da damuwa. Bar wannan wuri kafin ku yi wani abu.
Ba wani abu da za a yi.	Taron aiki, shagwaba, da yanayi na zamantakewa inda ake amfani da kwalba a baya – idanun mutum suna fitar da dopamine don saboda a cikin wadannan yanayin, kwalba ta kasance tana faruwa.	Daidaita wurare masu haɗari: zo da wuri kuma bar da wuri; kawo wanda yake cikin tsaurin hali don taimakawa; shirya dalili na fita; yi amfani da abubuwan da za su iya tallafawa jikin ka kafin taron. Ƙarfin zamantakewa da cocaine ke ba da shi ya kamata a gina ta hanyoyi masu sauri (Sashe na 6)

		kafin wurare masu haɗari su zama cikin sauƙi.
Rashin yawan dopamine da ke haifar da buƙatar kasancewa cikin wani abu (da rashin jin dadin rai).	Matsalar rashin jin dadi da ke faruwa a farkon samun wani abu, yana haifar da buƙata ta musamman: 'Ina son in ji wani abu.' Ba ne kokain ɗaya ba ake nema; shine kawar da wannan yawanci. Kowane irin alamar dopamine zai iya taimakawa. Kokain ya kasance mafi sauri a samu.	Wannan yanayin buƙatar wani tsari na musamman don samar da dopamine: motsa jiki mai ƙarfi (wanda shine mafi sauri don samun dopamine), shakatawa a sanyi, gasa, kalubalge na kere-kere. Wani abu mai karfi kuma wanda zai kawo kyakkyawan amsa, ba ɗaya mara kyau ba. Buƙatar ƙarfin da ake buƙata a cikin "Warrior constitution" ba za a iya canzawa ba — dole ne a biya.
Kauna ga zamantakewa da amfani da kai.	Lokacin da kake shiga wani yanayi na zamantakewa kuma kana jin kamar ba ka isa ba saboda ko'in narkewar da yake kawo muku — sauƙin zamantakewa, amfanin kai, da ƙwarewar da cocaine ke kawo muku ba su nan, kuma yadda kake ji a lokacin da ba ka sha kwaya ya zama mara kyau.	5-HTP da horo akan zamantakewa. Yawan amfanin zamantakewar da ake samu ya kasance wani abu ne da keɓancewar ilimin kimiyya (SER block), kuma wani abu ne na halaye (maimakon ƙwayoyi, masu amfani da cocaine suna horon yadda suke sadarwa sosai a lokacin da suke amfani da shi, shekaru da dama). Kaƙwalwar halin da ke cikin wannan horo za ta iya sake gina ta ne ta hanyar horo mai tsanaki a wasu yanayi marasa wata matsala. Kaƙwalwar serotonin tana samun goyan baya daga 5-HTP da wasu hanyoyin da suka haɗa ƙwayar serotonin.
Wani ɗan ɗandali da ake iya ji, wanda aka rubuta a cikin littafin.	Wannan littafin ya bayyana taƙaice "cikakken amfani da ketamin" kuma, ta hanyar wata maƙasara, sautin ƙanshin cocaine na musamman a matsayin wani abu da ake ji amma ba gaske ba ne a farkon tsarin samun lafiya - idan mahaɗan jiki suna jira, suna shirye.	Wannan littafin ya rarrabi abubuwa zuwa nau'in biyu: na farko shi ne na "anticipatory" (wanda ke faruwa ne saboda wani abu, kuma yana da tsawon lokaci daga nan zuwa minti kaɗan, kuma tare da tunanin son amfani), sai kuma na "biological release" (wanda ke faruwa ne a yayin motsa jiki, ko kuma sakamakon fitar da abubuwan cocaine daga mai, kuma yana haddasa rashin lafiya maimai da tunanin son amfani, kuma yana da tsawon lokaci). Duk waɗannan abubuwa suna kawar da kansu a hankali, kuma suke nuni ga

		cewa jikin yana samun alheri, ba wata matsala.

CIKIN HANA WAHALA DA AKE JI SABODA KOKAINA - TSARIN DAKIKA BIYAR.

1. Tashi. Yi tafiya zuwa daki wani. Fita waje.
2. HIGH-INTENSITY PHYSICAL INTERRUPT. Kwana asirinti biyu, gudu cikin sauri a kusa da waje, ruwan sanyi a fuska, ko wani abu da ke haifar da yawan motsa jiki nan take. Halin "mai kasada" yana buƙatar wuya mai ƙarfi, ba wanda ya rage ba. Wannan ba na iya zama laifi ba ne. Yana da alaƙa da yadda jikinmu ke aiki.
3. AIKA TA 4-7-8: AIKI SHIDA. Bayan tsangwamar jiki, yanayin parasympathetic na buƙatar a kunna shi. "Mai gwagwarmaya" a cikin hankali wanda ya sami sigogi masu yawa na dopamine yana buƙatar a kunna "brakes" na vagal. Aiki shida, ba dari.
4. TAKE NAC DA TYROSINE. NAC tana taimakon tsariyar glutamate, kuma tyrosine tana taimakon samar da dopamine. Waɗannan abubuwa biyu suna magance matsalar sinadarorin jiki da ke haifar da wahala. Wadannan ba su wani abu mara amfani ba; sune kayan aikin da ake buƙata don samar da alamar jin dadin da wahalarku ke bukatar, kuma ana samar dasu ta hanyar samarwa, ba ta hana sake shakatawa.
5. TATTAUNA. Kira ko aika saƙo zuwa ga wanda zai ba ku taimako. Wannan hanyar da ke haifar da ji na farin ciki ta dopamine an horar da ita a cikin yanayi na zamantakewa - cocaine ana amfani da shi ne a wuraren jam'iyyu. Tattalinawa yana samar da wata alama ta gaskiya na dopamine wacce ke taimakawa wajen biyan buƙatun wannan hanyar. Sannu yadda abin da ke faruwa yake. Ba ku bukatar ceto. Kuna buƙatar wata alama.
6. Ba ka daɗe.
7. Matsaloli, nau'i, tsanaki (0-10), ayyuka, sakamako. Bayanin da aka samu na makonni uku zai nuna yadda ake ji game da sha'awar ku ne, wanda hakan zai canza yadda kuke dangantawa wannan sha'awar.

Sashe na 6 - Yadda ake kawar da addikti: Gina wani hali mai kyau a cikin mutum.

THE CENTURION — Centurian Paper C-28 An amfani da shi wajen warshawar mutane daga shan kwalba — Yadda zuciya ke buƙatar rayuwa.

Wannan littafin ya bayyana abin da jikin mutum ke buƙata, kuma abin da kwayar cuta ta cocaine ke ba: ji na rayuwa, wanda yanayin yanzu baya samarwa. Ba kwantar da hankali. Ba sauƙi. Ba tserewa. Rayuwa.

Mai gasar Olympics na wani abu da ya shafe shekaru yana ƙirƙirar farin ciki ta hanyar yawan dopamine, yana da damar yin abubuwa masu ban mamaki. Injinin da ya yi amfani da shi don shan kwalba ne, zai iya amfani dashi wajen samun nasara, takawa, hidima, da ƙirƙirar abubuwa – idan aka ba shi hanya ta dama.

Tsarin da ke cikin jikin mutum wanda ke taimakawa wajen shawo kan addiktuwa ga kwalba ba shine rayuwa mai sauƙi ba. Rayuwa ce ta gaskiya. Rayuwa da aka shirya don biyan buƙatun ƙarfin tunani.

Architecture na Musamman na Dopamin wanda Ya Kamata Mai Kasada Ya Yi Amfani Dashi.

Source	Matsayin dopamine.	Yadda ake aiwatarwa	Ba daidai ba ne in yi amfani da wannan ilimin don inganta ko kuma rage damar cin amfanin kwayoyi. Idan kana son samun taimako, tuntuƙi likita.
Kwarin motsa jiki – musamman na gasa.	Mai yawa sosai - dopamine, norepinephrine, endorphin, da BDNF a lokaci guda.	Guduwa, CrossFit, wasanni na soja, wasanni na gasa - yau da kullum, sama da minti 45. Yawan motsin jiki ya zama gaske, ba matsakaici ba.	Don tsarin motsa jiki na "Warrior", yawan wahalhalle da ake yi ne ke da muhimmanci, ba lokaci. Wasanni na gaggawa na dakika 20 masu wahala za su iya samar da ƙarin sinadari mai suna dopamine fiye da wasanni na tafiya cikin sauri na dakika 6%. Tsarin jiki da cocaine ke haɓakawa yana buƙatar wahalhalle na gaske don samar da irin wannan canji a cikin kimiyyar jikin mutum. Wannan wani abu ne da ba za a iya sauyawa ba. Ka fara da shi.
Hanyar da take jefa mutane ko kamfanoni cikin wani yanayi	Mai yawa sosai - al'amuran zamantakew	Wasanni na gasa, wasan yaki, wasannin da ake yi da karfi, wasanni na	Farkon daurin dopamine wanda ya faru ne lokacin lashewa - lokacin da mutum ya fi wani abokin hamayya a wani lokaci na

inda suke bukatar samun nasara don su ci gaba.	a suna ƙara yawan dopamine 3-5 sau fiye da abin da za ku samu idan kun cimma wani abu ne.	lantarki, shogi, gasar siyarwa, tattaunawa.	musamman - yana cikin mafi girman abubuwan da ke haifar da furotin dopamine. Ga mai amfani da kwalba (cocaine) don inganta aikinsa a al'adu da ayyukan sana'a, gasa tana samar da furotin dopamine wanda kwalba ta ke samarwa. Nemo wata gasa. Shiga cikin ita. Kokarin lashewa shi ne abin da kwalba ta ke amfani da shi.
Aikin da ke da muhimmanci kuma ya buƙaci kwarewa.	Babban saurin aikawar dopamine tare da tabbatarwa ta zamantakewa.	Maganganar jama'a, gabatar da abubuwa, kasuwanci, siyarwa, fasahar nune-nune, jagorancin.	Girma na mutum yana aiki ne da kyau a cikin yanayi masu matsin lamba — nau'in COMT na Val/Val wanda ke tsaftace sinasar damuwa da sauri, shi ne girman da ke jurewa damuwa kuma ya fi amfanar a cikin yanayin matsin lamba. Abin da kwayar cocaine ke ba da shawara a wurare na sana'a, girman mutum mai farfadowa zai iya samar ta hanyar shiri da aikatawa na gaskiya wanda kwayar cocaine ke jawo. Koƙarin abun ya ßatar da ƙarfin mutumin. Gina ƙwarewar gaske yana haifar da babban mutunci.
Kwarewa da ƙarfi a aikace-aikace.	Mai mahimmanci, musamman ga masu sauraron da kuma abin da ke akwai.	Waƙa, wasanni, fasahar zane da nuni, rubuce-rubuce tare da masu karatu, duk wani aiki na ƙirƙira da ke da masu saurari.	Matsayin ƙirƙira da cocaine ke haifarwa – wani batu mai kyau, wani aiki mai ban mamaki – za a iya samu ta hanyar ƙwarewar gaskiya a fannin ƙirƙira da kuma yin wasa a gaban mutane. Karshen bambanci: matsayin ƙirƙirar da cocaine ke haifarwa yana ɗauka ne, kuma yana lalata; amma ƙwarewar gaskiya a fannin ƙirƙira tana inganta kanta kuma tana girma.
Sanyaya da motsa jiki.	Mai girma sosai - haßßukan norepinephrine, BDNF, da endorphin; haɗuwa ta wannan tana samar da wani yanayi mai farin ciki na tsawon	Sanyi da kuma wasa; ko wasa da sanyin ruwa. Yana yiwuwa a yi haka kullum.	Haɗuwa da sanyi da motsa jiki na iya haifar da yawan norepinephrine, wanda yake kama da tasirin cocaine akan NET, kuma yana bawa mutum ƙarfi, wahala, da jin rai – ta hanyar tsarin norepinephrine, ba tare da illa ga zuciya. Ga wadanda suka fi so sashi na norepinephrine a cikin cocaine, wannan haɗuwa ce mafi kyau wacce za su iya samu daga

	awanni 2-3.		abubuwa masu amfani.
Cika buƙatun zamantakewa da haɗin gwiwa na gaskiya.	Moderate-High - oksitocin + endorphin + serotin.	Wata tilo zuwa biyu na dangantaka mai zurfi; al'umma ta farfadowa; yin wasanni masu wahali tare da wasu; hidima a wurare da ake buƙatar amana.	Tasirin cocaine na sosai wajen haɓaka al'adu – yadda ake ji da ƙaƙandî, wahalhalun magana, jin kamar ana san ka kuma sani wasu – ya kasance wani abu ne da ke faruwa saboda sinadarin dake cikin shi, amma kuma saboda izinin da cocaine yake ba ku don ku zama cikakken mutum kuma ku shiga cikin al'adu. Rayuwa mai kyau tana gyara yadda ake dangantawa wasu, ba tare da buƙatar wannan izin ɗin ba. Wannan abu yana ɗaukar lokaci fiye da inganta yadda jiki ke aiki, amma ya zama wani abu mai dorewa.
Yin hidima ga mutane da yawa - taimakawa wasu su samu wani hali.	Mai tsayi; mafi kyawun hanya mai amanci don samar da dopamine a cikin jikin mutum na dogon lokaci.	Taimakon da ake samu daga wasu mutane waɗanda suka yi irin abubuwan da kake fuskanta, taimakon wani a matsayin mai jagoranci, horarwa, neman hakki, duk wani abu inda ƙarfarka ta hadî kai tsaye don inganta yanayin wata mutum.	Wannan hali na "mai kasada" a cikin sabon rayuwa daga shan kwayar cocaine, wanda yake da ƙwarewa, iya jurewa matsin lamba, kuma yana neman tsabta, yana cikin mafi kyawun masu jagorancin al'ajabi waɗanda ke taimakon wasu da suke da irin wannan hali. Wani ɗan adam da ya sha kwayar cocaine kuma yayi sabon rayuwa, yana da abubuwa waɗanda ba za a iya siyan su ko ƙirƙirar su ba. Yawancin mutanen da suka yi sabon rayuwa daga shan kwayar cocaine suna samun mafi kyawun hanyoyin samun farin ciki ta zama wani mai jagoranci.

Tsarin Inganta Karfin Zamantakewa — Sake Gine-gine Ba Tare da Magani Ba.

THE CENTURION - Aikin da cocaine ke yiwa serotonin.

Sauƙin zamantakewa, ƙarfin kai, da wahayi wanda narkewar SERT ta cocaine ke kawo, yana ɗaya daga cikin abubuwan amfani da mutane suke fiye da magana game da su kuma suke sabawa. Ga wasu mutanen da suka lalata ne a kan cocaine, yanayin zamantakewa ba kawai ya kasance mara kyau ba, har ma ya zama mara ƙarfi. Maganganun suna iya zama masu wahala. Wahayin da cocaine ke kawo yana bayyana cewa bai wuce ba.

Wannan gaskiya ce, kuma ta kasance wani abu da ke shafar serotonin. Tsarin serotonin yana sake gyara ne idan ana jinyar narkwarya, kuma tare da tallafin da

aka bayyana. Amma, abin da yake faruwa a halin da ake ciki ya zama mai mahimmanci: mutumin da ya fi kwarewa wajen hulɗa da al'umma yayin amfani da kwalba, ya koyi wannan fasaharsa. Hakan na gaskiya ne. Abin da yake buƙata shi ne a ci gaba da horo ba tare da amsar da ke ƙara kuwwar da ake samu daga magunguna ba.

Ginin.

- Ka yi kokarin hadin gwiwa da mutane a wurare daban-daban, kamar ƙungiyoyi ƙanana ko tare da abokai ka masu amintuwa, maimaiki ba za ki tafi kai tsaye zuwa ga manyan taron inda ake amfani da kwalba.
- Daidaita wajen amfani da abubuwa maimakon sinadarai: Yawan amsa da cocaine ke bawa mutum ta hanyar cikawa da tsarin serotonin, za a iya samu ta hanyar daidaito - sanin abun da ake yi, yin horo akan yadda za a magana, yin motsa jiki wanda jikin yake buƙata don ji daɗi. Mai daidaito ya fi naɗe ga mai amfani da sinadarai a dogon lokaci.
- Ƙarin abinci na Serotonin: 5-HTP (50–100mg da dare), inositol, da yawan nama – waɗannan abincan da ke cikin sashin 4.3 – suna ba jikin taimako na gina ƙima ga yanayin amfanin zamantakewa wajen samun lafiya.
- Al'ummar da ke neman farfadowa kamar wuri na horarwa: kungiyoyin masu amfani da tsarin matsi goma (twelve-step), SMART Recovery, ko kowace al'umma ta farfadowa tana samar da yanayi na zamantakewa mai fahimta wanda a ciki ba lallai ne za a ɓoye gaskiya ba kuma dangantaka ta kasance gaskiya. Wannan ita ce al'ummar da ke da alaƙa da serotonin, wacce wasu kungiyoyin narkewar kwalba suke kokarin samun irinta ta hanyar sinadarai.

Sashe na 7 - Yadda ake amfani da Recovery Kernel: Jagorar Tsari.

Fasfa.	Tsarin aiki.	Babban batu.	Lokuta da ake buƙatar kulawa ta musamman game da cocaine: * Matsalolin numfashi: Idan mai amfani ya fi wahala wajen numfashi, dole ne a nemo taimako. * Sanyi: Sanyin jiki na iya zama alamar rashin lafiya. * Ciwon zuciya: Ciwon zuciya da ke bayyana yana buƙatar kulawa. * Rashin lafiya: Rashin lafiya mai tsanani ya kamata a nemo taimako. Idan wanda ya sha cocaine ya fuskanci kowane irin matsala, dole ne a nemo taimako na likita. Taimakon likita ba rashin nasara ba ne.
Taimakawa lafiya (ran 0-7).	Likita, idan ya cancanta, likitan zuciya; likitan kunne da hanci idan akwai lalacewar hanci; likitin cututtuka.	Binciken lafiyarmu na zuciya; gwajin jini don tabbatar da amfani da levamisole; binciken fuskar; gwaje-gwaje don gano cututtukan sukarkon jama'a/HIV/HCV; binciken ADHD idan ya cancanta.	Waɗannan gwajin likita dole ne a yi a cikin makon farko na dawowa lafiya, ba bayan watanni. Matsalar jinin da ta haifar da Levamisole na iya zama mai hatsari idan ba a gano ba. Lalacewar zuciya daga amfani da cocaine na ci gaba. Tabbatar da lafiya ba wani abu ne da za'a iya yi ne kawai don jin daɗi — shi ne tsaro.
Asalin halitta (rananan 1-14).	Protocol 07, Protocol 09, Protocol 17, Protocol 18	NAC, tyrosine, 5-MTHF, magnesium, 5-HTP, motsa jiki na farko, maganin barci.	NAC a ranar farko. Tyrosine a ranar farko. Magnesium a ranar farko. Sababbin abubuwa uku da suka rage yawan monoamine na buƙatar tallafi uku tun daga farko. Tsarin "sonic protocol" na ƙididdigar da ke cikin littafin (60–80 BPM, launuka masu zafi) don kwanaki 7 na farko. Tsari na 07 (nutrition) yana mayar da hankali ga protein - yawan dopamine da serotonin suna buƙatar abubuwa masu amfanar amino acid.
Taswirar	Sashe na 15	COMT, dokokin;	COMT Val/Val tabbatarwa shi ne

Genoma (Watan 1-4)	(Tarhi), binciken COMT, DRD2, DAT1, SLC6A4, MTHFR.	tsarin tantancewa na Reward Deficiency Syndrome; yanayin methylation; alamar genetik na ADHD.	babban sakon da aka samu wajen gwaje-gwaje na jini — yana canjawa yadda ake gudanar da tsarin dawowa lafiya. DRD2 A1 allele yana nuna mutumin da yake da matsala biyu kuma ya buƙaci tsari mai ƙarfi don samun alheri. Alamar ADHD (DAT1, DRD4) na iya nuna wata cuta da ke tasowa tare da wannan, wacce ta buƙaci magani daban.
Tsarin Gudanar da Aikin Tsawaita (Watan 2-12).	Tsarin aiki na 03 (gwanin jiki), Tsarin aiki na 04 (al'umma), Sashe na 6 na wannan littafin.	Kwarin motsa jiki yau da kullum; gano wasanni; horo na kere-kere; ƙirƙirar al'adu.	Jigon da yake da ƙarfi bai iya tsayawa ba, kuma ya barin samun wani abu na gyara hali. Ya kamata a ba shi wani aiki mai gaskiya da kuma ƙaƙƙauwa. Gano yadda addikti ke tasowa nan take — menene abin da zai maye gurbin takama nimansa? Menene aikinsa na fasaha? Me zai bawa mutumin rayuwa, kuma ya cancanci samun ta? Waɗannan zaɓuɓɓukan da ake ɗauka a makonni 2–4 suna da muhimmanci wajen tabbatar da cewa gyaran hali zai ci gaba.
Ginin Muhalli (Watan 2-12)	Protocol 02, Protocol 05, Protocol 08, Protocol 13	- Dakile canzawa zuwa wasu nau'in addikti. - Ceto daga abubuwan da ke haifar da addikti. - Sake fasalci na yanayin zamantakewa. - Tantance abubuwan da ke haifar da addikti.	Cocaine cue-reactivity yana cikin mafi ƙarfi a fannin maganin addikta. Tsarin aiki na 05 (gyara yanayi) yana buƙatar cikakken bayani game da wuraren zamantake, mutane, da yanayi waɗanda ake amfani da kwayan. Yanayin zamantakewar narkwawar kwalba dole ne a gyara ta hanyar tsari – ba kawai rage yawan amfani ba, har ma canzawa gaba ɗaya.
Magance ADHD (mafi kyau a fara ne a makonni 2+, idan ya cancanta).	Likitan mai ilimi kan maganin addikti.	Magani ga cutar ADHD ba tare da amfani da abubuwa masu haɓaka waɗanci ba; tallafi don inganta ilimi; tallafi don ƙwarewar aiki.	Idan gwajin ADHD ya tabbatar da cutar, yakamata a fara magani mara amfani da stimulants (atomoxetine, bupropion, guanfacine, viloxazine) tare da tsarin inganta lafiya. Magance ADHD yana rage yadda narkewar cocaine ke shafar tunanin, kuma yana ba jikin ɗabi'a ta yadda yake buƙata don yin aiki yadda ya kamata.
Aikin canji (watanni 2-12).	Protocol 20, Protocol 21, C-28	Ikon soja ya wuce amfani da kwalba; gyara yadda ake gane mutum a sana'a da al'umma;	Matsalar amfani da kwalba a cikin mutanen da ake kira "Warrior" sau da yawa ta haɗa da wata matsayar sana'a ko zamantakewa da aka gina ne ta hanyar ƙarfin da kwalba ke

		dalili.	kawo. "[Na] ba zan iya yin aikina ba idan ban yi amfani da shi ba" shi ne damuwa mai yawa kuma na gaskiya. Wannan aikin canji ya fuskanci wannan matsala kai tsaye: menene ƙwarewar sana'a ta gaske, wacce aka gina ne akan ƙarfi da gaske, kawai ba tare da amfani da magunguna ba?
Tarihin tsawon watanni 6+.	Protocol 24, Protocol 25, C-28, C-31	Tsarin manufa; gasa da cikakken nasara, an yi amfani da shi sosai; mai kasada a cikin cikakken hali ba tare da magunguna.	Tsarin rayuwa na "Mai Kasada" wanda ya haɗa da warshawar ƙwayoyi, motsa jiki mai karfi, wani abu don takawa, aikace-aikacen fasaha, dangantaka mai zurfi, da aikin da yake da ma'ana, yana ɗaya daga cikin mafi kyawun tsare-tsaren rayuwa ga mutanen da ke neman warshawar ƙwayoyi. Ƙarfin da ya kai zuwa amfani da kwalba yanzu ana amfani don cimma abubuwa na gaskiya. Wannan littafin an rubuta shi ne a wani ɓangare don wannan mutumin.

Sashe na 8 - Tsarin Tallafin Kiwon Lafiya.

Ba daidai ba ne, kamar yadda yake da opioids, benzodiazepines, da alkawari, babu magani da FDA ta amince don cutar narkewar cocaine. Wannan wata gumi ce a cikin kula da jinya — narkewar cocaine na iya haifar da matsalar lafiya da mutuwar yawa, kuma rashin maganin da ya fi tasiri shine ɗaya daga cikin manyan gazawar a ilimin kula da jinya.

Abin da yake nan.

Magunguna da ke da shaida na amfani ga cutar narkewar cocaine.

Magani.	Hanyoyi da yadda abubuwa suke aiki.	Tattalinawa da kuma dabarun likita dangane da ilimin halitta.
Bupropion (Wellbutrin)	Hanyar hana sake shafin dopamine da norepinephrine; wasu bayanai game da rage wahala ga amfani da kwalba; bayanan muhimmi kan tasirin damuwa wanda ke faruwa a lokacin barin kwalba.	CYP2B6 yana samar da maganin — waɗanda suke samun ƙarancin wannan aikin, suna iya samun matakan plasma masu yawa a lokacin amfani da adadin da aka bada. Mutanen da suka mallaki Val/Val COMT na iya ganin bupropion yana ba da ƙwarewar dopamine wacce za ta rage wahala game da narkokarin cocaine. Yana da ayyuka biyu: yana magance rashin lafiya da damuwa, kuma yana samar da wasu abubuwan da ke taimakawa aikin dopamine ga jinsin mutane. Hakanan yana maganin ADHD idan ya kasance.
Modafinil / Armodafinil	Abin da ke jawo wake, wanda kuma yake canzawa yadda jikin yana sarrafa madadin da ake kira DAT da NET; ana samun shaida game da burgewa ga kwalba da yadda tunani yake a farkon kokarin dawowa.	Ba yana da abubuwa masu ƙarfi (ba tare da tasirin amphetamine ba), amma yana taimakawa wajen tsayayya, kuma yana bada ƙarin goɗama ga dopamine, ba tare da yuwuwar zama addini sosai ba. Yana da amfani musamman ga wahala a tunani da gajiya waɗanda ake samu a farkon zamanin kokayin. An saka shi cikin CYP3A4. Tabbatar yin magana da likitan kula da ciwon narkewar hankali.
Naltrexone.	Mai hana aikin da receptors na opioids ke yi - yana rage yawan jin dadin da cocaine ke kawo ta hanyar canje-canje a tsarin opioids; akwai	Wanda ke da OPRM1 A118G na iya nuna ingantaccen sakamako. Wasu shaidun sun nuna cewa naltrexone na iya rage yawan jin dadin da ake samu daga amfani da cocaine, wanda hakan zai sa sake amfani ya zama mara kyau, ko da yake ana sake amfani. Ba aiki na farko ba ne, amma yana

	wasu shaidun da ke nuna cewa yana kawar da burgewar amfani da cocaine a wasu nazarin.	iya zama abun daban a cikin mutanen da ke fama da matsalar cocaine da kuma shan taba.
GLP-1 agonistai (semaglutide, tirzepatide).	Tsaurar da siginan "so" na kyauta ta hanyar canje-canje a cikin dopamine da tsarin kyauta; sababbin bayanai daga shekarun 2025–2026 nuna raguwar yawan amfani da cocaine.	Babban sabon ci gaba a cikin magance cutar da ake samu daga shan kokain. Haka kuma, wannan hanyar ta nuna cewa za ta rage yawan shan taba har zuwa kashi 50-60%, kuma ana samun wasu bayanai game da yadda za ta hana mutuwar wanda ya sha kwaya. Yanzu haka, akwai alamu na farko waɗanda ke nuni da cewa wannan hanyar na iya taimakawa wajen magance kokain. Tuntuwa da likita – ƙarin amfanin da ake samu a jikin mutum na iya kawar da wasu matsalolin lafiya da ake samu sakamakon shan kokain.
Disulfiram (Antabuse)	Amfani mara izinin da ake yi wa kwalba – yana hana aikawar dopamine beta-hydroxylase, wanda ke rage samarwa na norepinephrine kuma hakan na iya shafar yadda kwalba ta sa mutum ya ji dadin.	Ana da wasu bayanai waɗanda ke nuna cewa yana kawar da wahala, amma wasu nazarin ba su nuna haka ba. Zai iya zama mai amfani ga mutanen da suka haɗa shan taba da shan kwalba. Ya kamata a dakatar da shan kwalba gaba ɗaya (yana haifar da mummunan tasiri idan aka sha da kwalba). Mutanen da ke da nau'in ALDH2: suna iya samun tsaurarinsa sosai idan suka sha kwalba.
Magani ga cutar ADHD ba tare da amfani da abubuwa masu haɓaka waɗanci ba.	Idan an tabbatar da cewa ADHD na faruwa tare da wani matsala – ana iya amfani da magunguna kamar atomoxetine, bupropion, guanfacine, viloxazine; waɗanda ke kawar da matsalolin DAT/DRD4 da suka haifar da amfani da cocaine.	Wannan yana ɗaya daga cikin mafi mahimmancin magunguna da za su iya inganta lafiya wajen magance matsalar amfani da kwalba, musamman ga waɗanda ke fama da ADHD. Wanda yake amfani da kwalba don samun hankali yanzu yana da wata hanya ta gaba ce ba tare da zama addikti ba. Wannan yana kawar da ɗaya daga cikin manyan dalilan da suka sa mutum ya ci kwalba. Tabbatar ku tattauna wannan lamarin da likitan mai ilimi a fannin maganin tabarbarewa.

Kalmar ƙarshe.

THE CENTURION — Yaƙin ba ya neman fita. Yana neman yakin da zai yi.

Wannan littafin an shirya shi ne don waɗanda suka rasa lokaci kafin kowa ya gaya musu cewa halin da suke ciki ba matsala ba ce. A cikin dokokin 'yan tawaya, wadanda suka rasa lokaci sau da yawa suke da ƙarfi a ɗakin – masu sauri, masu himma, kuma masu kasancewa sosai. Kwayoyin Cocaine sun samu su saboda an shirya su ne don abin da suke da ƙaranci da abin da suke buƙata.

Abin da su ba su da shi bai zama halaye ba. Bai zama sigina mai kyau na dopamine wanda yake tilasta su su ji rayuwa, kuma hakan abin da suke bukata. Abin da kwayar cocaine ke samarwa shine wannan siginar. Amma abin da kwayar cocaine ke ɓata shi ne dukkan sauran abu.

Samun lafiya da ake bayyana a cikin wannan littafin ba shine zama mutum mai jin haɗuri, kuma mara magana, ko kuma mai tsanaki. Mai yaki baya zama masanin ilimi a lokacin samun lafiya. Tsananin bai tashi ba. Buƙatar rayuwa ba ta tashi ba. Yawan fitar da dopamine daga jiki bai tashi ba.

Abin da yake kawarwa shi ne buƙatar shigar da abu cikin jiki wanda zai lalata zuciya – a zahiri – don samun sigina da ake bukata.

Mai gwagwarmaya da ya yi nasara – wanda ke yin motsa jiki zuwa iyakarsa, yana takawa cikin abin da yake da muhimmanci, yana ƙirƙirar abu da ba shi da kasancewa a baya, yana gina wani abu da zai taimaka wa mutanen da har yanzu suke cikin damuwa – ba shi ne ɓarna na mutumin da ke amfani da kwalba. Shi ne cikakken mutum. Mutumin da kwalban ta yi amfani da shi.

Yakin ya kasance mai amfani, amma kawai ya buƙata wajen da zai faru.

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Duba cikakken littafin "Recovery Kernel Complete Centurion Compendium" don dukkan tsarin da aka ambata.

Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

⚠ KUNGULEN DAKE KAWO KYAU – BA TAHAYA TA LALYE BA.

*Yadda ake dawowa lafiya daga amfani da cocaine ta amfani da **Recovery Kernel** | Jerin Takardun Game da Kowane Makon Ciwon.*